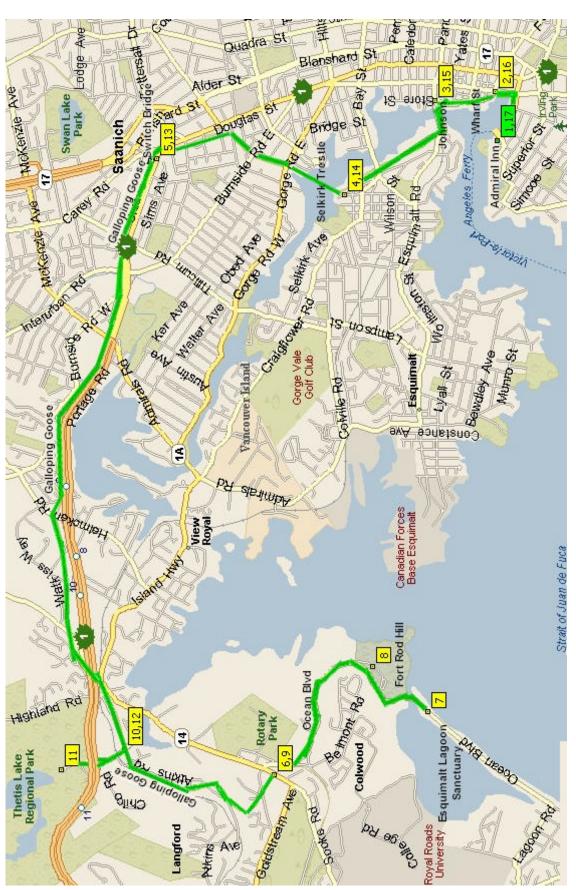
Victoria - Galloping Goose Trail 30 Miles

	Mile		Instruction	For
1			Leave Admiral Inn on Belleville Street .	3.5
2	3.5	L	Government Street.	0.1
	3.6	L	Wharf Street.	0.5
3	4.1	L	Pandora Avenue and cross bridge to Esquimalt Road.	0.3
	4.4	R	Paved path that connects to Harbour Road and Galloping Goose Trail .	0.1
	4.5	L	Galloping Goose Trail.	0.8
			(See www.gallopinggoosetrail.com for detailed trail map.)	
4	5.3		Cross Selkirk Trestle Bridge.	1.4
5	6.7		Pass <i>Switch Bridge</i> and turnoff to Lochside Trail.	5.6
6	12.3		Exit Trail as it crosses Island Hwy (1A).	
		R	Jog north and turn right on Ocean Blvd .	1.0
	13.3		Pass Fort Rodd Hill Road turnoff and cross bridge to <i>Esquimalt Lagoon</i> .	0.8
7	14.1		Park bikes on north end of <i>Esquimalt Lagoon Migratory Bird Sanctuary</i> .	
			(See www.esquimaltlagoon.com for detailed park map.)	
			After tour of sanctuary cross back over bridge on Ocean Blvd .	0.8
8	14.9	R	Fort Rodd Hill Road into park - rest stop and lunch or snack break.	
			While in park visit <i>Fisgard Lighthouse</i> .	0.6
			(See www.fortroddhill.com for detailed park map.)	
	15.5	R	Exit park and return to Ocean Blvd .	1.0
9	16.5		Return to Galloping Goose Trail where you left it.	
			(<i>Rotary Park</i> is on your right just before trail entrance.)	
			Retrace steps north on trail.	1.5
10	18.0	L	Exit trail at Six Mile Road .	0.5
11	18.5		Enter Thetis Lake Regional Park .	
			Park bikes at parking area - hiking trails and rest stop.	
			(See www.crd.bc.ca/parks/thetis_lake.htm for detailed park map.)	
			Return on Six Mile Road.	0.5
	19.0	L	Galloping Goose Trail towards Victoria.	4.2
13			Pass <i>Switch Bridge</i> and turnoff to Lochside Trail.	1.4
14	24.6		Cross Selkirk Trestle Bridge.	0.8
	25.4		Exit trail on Harbour Road and take paved path to Esquimalt Road .	0.1
	25.5	L	Esquimalt Road and cross Johnson Street Bridge.	0.3
	25.8		Wharf Street.	0.5
16	26.3		Government Street.	0.2
	26.5	R	Belleville Street.	3.5
17	30.0		Return to the <i>Admiral Inn</i> .	

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